

## Covenant School of Nursing Reflective Practice



*Learning to be a reflective practitioner includes not only acquiring knowledge and skills, but also the ability to establish a link between theory and practice, providing a rationale for actions. Reflective practice is the link between theory and practice and a powerful means of using theory to inform practice thus promoting evidence based practice.” (Tsingos et al., 2014).*

Using the Reflective Practice template on page 2, document each step in the cycle. The suggestions in each of the boxes may be used for guidance but you are not required to answer every question. This Reflective Practice document will be reviewed by faculty and then you will post the final reflection in your LiveBinder folder.

<p><b>Step 1 Description</b> A description of the experience, with relevant details. <u>Remember to maintain patient confidentiality.</u> Don't make judgments yet or try to draw conclusions; simply describe the events and the key players. Set the scene! It might be useful to ask yourself the following questions</p> <ul style="list-style-type: none"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues' perspectives?</li> </ul>
<p><b>Step 2 Feelings</b> Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice? about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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Instructional Module: 6

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*Use this template to complete the Reflective Practice documentation. Use only the space provided. Information that is not visible is lost.*

<p><b>Step 1 Description</b> While sitting in the common area talking with a few patients during breakfast, a newly admitted patient came out of her room to eat. When she was done, she started to grab her things and asked for water in a very loud, almost yelling tone. The MHTs went to get her some; she said thank you, and then she started to walk around the room screaming and cursing. I wasn't sure what to do other than to keep talking to the patients I was sitting with.</p>	<p><b>Step 4 Analysis</b> I am not really sure how to make sense of the situation. I know that past trauma possibly triggered intense emotions. I felt embarrassed inside and ashamed of how I felt then, so I didn't talk to anybody about it.</p>
<p><b>Step 2 Feelings</b> I was nervous and anxious, but I started feeling more panicky. I was thinking about what kind of mental illness the patient might have had, but the more she raised her voice, I was having a hard time focusing on my assessments of the patients I was talking to. I started to feel more overwhelmed because of how close and loud she was. The sound of her yelling started to pierce my ears, and I was beginning to panic to the point where I was sick to my stomach. I felt like I needed to run into a corner with my back against the wall and cry. I remained as calm as I could.</p>	<p><b>Step 5 Conclusion</b> If I had stepped away and taken a break from the environment when I started to panic, I could have prevented the panic attack from getting to the level that it did. I did learn that the first signs and feelings of anxiety and panic should be enough for me to know I need to step away and ground myself to avoid a full-on attack.</p>
<p><b>Step 3 Evaluation</b> In a way, I felt like the situation was good because even with all the panic and emotions, I could still control my reaction, so I didn't affect the other patients. It was difficult as I had not felt that strong of a panic attack in a very long time.</p>	<p><b>Step 6 Action Plan</b> I loved that I could spend most of the day with the patients and observe how different each patient was regarding their illnesses. Learning to be comfortable within a patient care setting and more compassionate with myself as I am with patients will help ease myself when I have intense feelings.</p>